

Long COVID

Long COVID is a disabling illness that can develop in anyone after they have had an acute COVID-19 infection, independent of its severity.

Symptoms of long COVID

The most common symptoms include:

- fatigue
- shortness of breath
- loss of smell
- muscle aches

Less common ones include:

- brain fog
- depression and anxiety
- chest pain
- sleep problems
- dizziness
- nausea, stomach aches, loss of appetite
- high temperature
- cough
- headaches

Recovery from long COVID varies and seems to be unrelated to the severity of the initial COVID-19 infection.

Long COVID in women

More research is needed on the chronic effects of COVID-19 infection on the following:

- ovarian function
- the menstrual cycle
- menopause
- fertility
- pregnancy

COVID recovery programs vary worldwide – there is no consensus on the management of long COVID.

Further information

Pollack et al. (2023) Female reproductive health impacts of Long COVID and associated illnesses including ME/CFS, POTS, and connective tissue disorders: a literature review <https://doi.org/10.3389/fresc.2023.1122673>

NHS. Long-term effects of COVID-19 (long COVID) <https://www.nhs.uk/conditions/covid-19/long-term-effects-of-covid-19-long-covid/>

Sharp et al. (2022) The COVID-19 pandemic and the menstrual cycle: research gaps and opportunities <https://doi.org/10.1093/ije/dyab239>

Taquet et al. (2023) Acute blood biomarker profiles predict cognitive deficits 6 and 12 months after COVID-19 hospitalization <https://doi.org/10.1038/s41591-023-02525-y>